

**2010 Hope for the Warriors Bike Tour – Middle Route (34.6 miles)**

(Mileage on right column is total, not distance before next turn)

Depart Lewisville Square on Belnette Dr.	0.2 miles
Turn RIGHT on Shallowford Rd.	1.0 miles
Turn RIGHT on Conrad Rd.	3.2 miles
Turn LEFT on Yadkinville Rd. becomes Old 421 after crossing Yadkin River	3.8 miles
Turn RIGHT on Taylor Rd.	5.8 miles
Bear RIGHT on Flint Hill Rd.	12.2 miles
Follow Flint Hill Rd., crossing NC 67 to Main St. East Bend. – REST STOP –	
Turn LEFT on Main St.	12.5 miles
Turn RIGHT on Fairgrounds Rd.	13.2 miles
Cross NC 67 onto Prides Rd.	14.5 miles
Turn LEFT on NC 67, follow for 50 feet, turn RIGHT on Smithtown Rd.	17.5 miles
Cross NC 67 onto Nebo Rd.	18.4 miles
Turn RIGHT on Forbush Rd. – REST STOP -	25.3 miles
Turn RIGHT on Baltimore Rd.	26.8 miles
Turn LEFT on Logan Creek Rd.	27.3 miles
Turn RIGHT on Bloomtown Rd.	27.4 miles
Turn LEFT on Old 421/Yadinville Rd., follow across Yadkin River	31.2 miles
Turn RIGHT on Conrad Rd.	33.4 miles
Turn LEFT on Shallowford Rd.	34.4 miles

Turn LEFT on Belnette Dr. – FINISH -

34.6 miles